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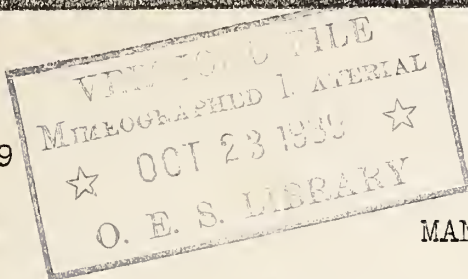
# Homemaker News

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## MANY USES FOR WHEY

When sweet whey is left from cheesemaking, it is very likely to be thrown away. There are valuable nutrients in whey, however, that can often be saved by using the whey in cooking or in summer beverages.

Sweet whey has a somewhat insipid taste, but when it is substituted for water in punches or fruit drinks, it combines well with more pungent flavors and adds to the nutritive value of the beverage. Whey lemonade is especially good, and a blend of whey and tomato juice makes a good appetizer.

Whey sherbets and gelatin desserts are made from mixtures of whey and fruit juice. Another good home use for sweet whey is in soups, in place of water or milk. The milk proteins left in the whey do not curdle easily in the presence of acid, as skim-milk protein does, so for cream-of-tomato soup, whey is more satisfactory to use. Soda is unnecessary.

Sweet whey can be used in making bread, rolls, biscuits, muffins, or griddle cakes in place of either water or milk. It is not a complete substitute for skim milk, but when the whey is on hand it may be convenient and economical to use it in such ways and save the milk for something else. Sweet whey should always be utilized on the same day it is obtained unless it is promptly pasteurized. Otherwise it will not keep.

When a slightly acid taste is not objectionable, as in tomato soup or lemon drinks, the whey that is left from draining cottage cheese may be used, but for the most part, sweet whey is more desirable.

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has a report from the Bureau of Dairy Industry of the U. S. Department of Agri-



culture, which includes a statement about whey. It says: "Only the casein and fat of milk are removed in cheesemaking. The remaining solids - lactose, salts, and whey proteins are, in the light of the present science of nutrition, assuming a vital significance as foods. There is some experimental evidence which indicates that lactose may be of importance in calcium metabolism. If future research shows lactose to be a dietary necessity in this respect, the utilization of whey in food will be a simple means of providing lactose. Whey is a good source of calcium and phosphorus. It contains also practically all of the milk albumin. Perhaps the largest outlet for whey should be as a constituent of human food."

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